



Great Lakes Region



SEPTEMBER 20, 2009

Federally Employed Women FEW NEWS

NEW POSITIONS AND PROMOTIONS

Congratulations to all the Great Lakes Region members who recently received new positions or promotions. You are shining stars that light the way for us all.

Gerema Randall, Miami Valley Chapter, promoted to Branch Chief, Warfighter & Bioeffects Contracting Branch, United States Air Force, Air Force Research Laboratories, Wright-Patterson AFB, Ohio

Susan Woolwine, Miami Valley Chapter, promoted to Acquisition Program Coordinator, Plans and Programs Office, National Air and Space Intelligence Center, Wright-Patterson AFB, Ohio

Lourdes LeBroc, Miami Valley Chapter, new position with the HQ Air Force Material Command A1 Personnel, Issues & Analysis Branch, Wright-Patterson AFB, Ohio

Billie Lynn Gemind, Miami Valley Chapter, new position as Learning Resource Center Manager, Education & Training Flight, 88 Air Base Wing Distance Learning Resource Center, Wright-Patterson AFB, Ohio

Dianne Limoges, Miami Valley Chapter, promoted to Executive Administrator, Aeronautical Systems Center, Wright-Patterson AFB, Ohio

Melody Bigi, Miami Valley Chapter, promoted to 312 Aeronautical Systems Wing, Operations Management Division, Chief, Civilian Personnel Branch, Wright-Patterson AFB, Ohio

Inez Toney, Equalitarian Chapter, promoted to Information Assurance Manager, Defense Logistics Agency, J6 Columbus, Ohio

THE DOCTOR SAYS.....

MABLE D. SELDON
Regional Manager



Recently, I received an article written by a family physician, commenting on health, personality, society, and life. Here's a "FEW", I thought were worth sharing.

Live with the 3 "E's"...Energy, Enthusiasm and Empathy.

Don't compare your life to other, you have no idea what their journey is all about.

Don't take yourself so seriously; no one else does.

Envy is a waste of time.

Make peace with your past, so it doesn't spoil your present.

Each day give something good to others.

Your job won't take care of you when you're sick. Your family and friends will. Stay in Touch!

Spend time with people over 70 and under 6.

However good or bad a situation is it will change.

Believe! The best is yet to come!



Mark Your Calendars!

The Great Lakes Fall Regional Training Program (RTP) 2009 will be hosted by The All Seasons Chapter (Indianapolis) October 22-24, 2009. Also, The Great Lakes Spring Regional Training Program (RTP) 2010 will be hosted by The Equalitarian Chapter (Ohio) February 18-20, 2009.

Technology Expenses Make the Grade for Qualified Tuition Programs

Provided By Darlyn Robinson-Boyd, Motor City Chapter

Purchases of computer technology for higher education purposes may be eligible for a special tax break. The American Recovery and Reinvestment Act of 2009 added computer equipment and technology to the list of college expenses that can be paid for by a qualified tuition program commonly referred to as a 529 plan.

These 529 plans — qualified tuition programs authorized under section 529 of the Internal Revenue Code — have, in recent years, become a popular way for parents and other family members to save for a child's college education. Though contributions to 529 plans are not deductible, there is also no income limit for contributors.

A qualified, nontaxable distribution from a 529 plan during 2009 or 2010 now includes the cost of the purchase of any computer technology, equipment or Internet access and related services. To qualify the beneficiary must use the technology, equipment or services while enrolled at an eligible educational institution. Software designed for sports, games or hobbies does not qualify, unless it is predominantly educational in nature. In general, expenses for computer technology are not qualified expenses for the American opportunity credit, Hope credit, lifetime learning credit or tuition and fees deduction.

States sponsor 529 plans that allow taxpayers to either prepay or contribute to an account for paying a student's qualified higher education expenses. Similarly, colleges and groups of colleges sponsor 529 plans that allow them to prepay a student's qualified education expenses. 529 plan distributions are tax-free as long as they are used to pay qualified higher education expenses for a designated beneficiary. Qualified expenses include tuition, required fees, books, supplies, equipment and special needs services. For someone who is at least a half-time student, room and board also qualifies.

For more information about 529 plans, see IRS Publication 970, Tax Benefits for Education. For more information on other key tax provisions of the Recovery Act, visit the official IRS Website at IRS.gov/Recovery.

Approaching a New Fiscal Year

By Adrienne Callahan, Communications Chair and Cyd Curtis, Chapter President

As many of us dredge through end of fiscal year workloads, prepare children to go back to school and slowly recover from much needed vacations, we should be thinking about what's next for the Windy City Chapter of FEW.

In the past two years we have grown past the infancy stage and are now entering adolescence. We have learned some basics, listened to our elders and grasped onto new ideas. We are growing together as a Chapter as we learn about the various agencies we represent, along with meeting new friends, colleagues and mentors. The next stage of our growth requires us to develop a new level of focused planning, sound use of our Chapter funds and activities to engage every member in at least one aspect of our core focus areas. The FEW focus areas are Training, Compliance, Diversity and Legislative.

As of today we have Chairs for each of those focus areas and committed elected officers who will effectively lead us to the next phase of our growth. We must actively seek opportunities to address the four focus areas. Over the next couple months, as we enter into a new fiscal year, the Chapter will be buzzing with activity.

The success of Chapter members in the 2009 NTP Scholarship and 2009 FEW Academic Scholarship boasts our Chapter members achievements. We look forward to nominating more members and more Chapter activities in more categories for the FEW 2010 Award nominations. So we've got work to do. A quick checklist for the next couple months:

- √ Complete annual budget/planning calendar
- √ Attend Monthly meetings
- √ Participate in capwiz activities
- √ Affect Change in those agencies where no FWP exists
- √ Invite friends co-workers to join FEW
- √ Support Chapter Fundraisers Lastly, welcome new members: Linda Dollack, Frances Abel-Galba, Valerie Conley, Jowana Jenkins, Michelle Lloyd, Vivian Montgomery, Supriya Raman, and Zulma Ocampo.

Healthy News

Total Wellness, September 2009

Eat Plenty of Fruits and Vegetables. According to the Centers of Disease Control and Prevention, fruits and vegetables are critical to promoting good health. Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases.

Fruits and vegetables come in a variety of colors and flavors, but their real beauty lies in what's inside. Fruits and vegetables are great sources of many vitamins, minerals and other natural substances that may help protect you from chronic diseases.

To get a healthy variety, think color. Eating fruits and vegetables of different colors gives your body a wide range of valuable nutrients, like fiber, foliate, potassium, and vitamins A and C. Some examples include green spinach, orange sweet potatoes, black beans, yellow corn, purple plums, red watermelon, and white onions. For more variety, try new fruits and vegetables regularly.

Here are some other tips on how to add more color to your diet:

- Stir low-fat or fat-free granola into a bowl of low-fat or fat-free yogurt. Top with sliced apples and berries
- Have a piece of fruit as a mid-morning or afternoon snack
- Add strawberries, blueberries, or bananas to your waffles, pancakes, cereal, oatmeal, or toast
- Top toasted whole-grain bread with peanut butter and sliced bananas for breakfast or a tasty snack
- Add vegetables like bell peppers, broccoli, spinach, mushrooms or tomatoes to your egg or egg-white omelet
- Place a box of raisins in your child's backpack and pack one for yourself, too.
- Ask for more vegetable toppings (like mushrooms, peppers, and onions) and less cheese on your pizza
- Add broccoli, green beans, corn, or peas to a casserole or pasta
- Add lettuce, tomato, onion, and cucumber to sandwiches
- Choose beans, corn on the cob, or a side salad with low-calorie salad dressing instead of French fries or other fried side items

LISTENING TO OTHERS

Total Wellness, September 2009

When you think of communicating with people, you usually think about the talking, but perhaps the most important part of communication is the listening. Most people aren't too good at that. They're so busy thinking about what they're going to say next that they hardly wait for the other person to finish.

Have you ever noticed that some people have "selective hearing?" They hear only what they choose to hear and ignore the rest.

Perhaps the greatest compliment we can pay to another person is to really listen to what he or she is saying, to focus our attention, and tune in not only to the words but also to the unspoken message, which often is where the true meaning lies.

What are you listening for? Are you listening for the real message that is being sent to you, or are you so focused on yourself that your voice is all you can hear?

To have a great day, remember that the key element in communication is listening. Really listen to people. Listen to your children, your grandchildren, your spouse, your family, your coworkers, your customers and your friends. Look into their eyes and focus your attention on them. Perhaps they will learn from your example and listen to you when you want to be heard. Listening to another person with your ears, your eyes, your mind, and your heart is the best way to say to the people in your life, "You are important," and of course, they are.

NEWSLETTER SCHEDULE

Submission Deadline:

September 15th
December 15th
March 15th
June 15th

Newsletter Release:

September 20th
December 20th
March 20th
June 20th

Submit articles to:

Regine Williams (614)692-5019
Regine.williams@dla.mil

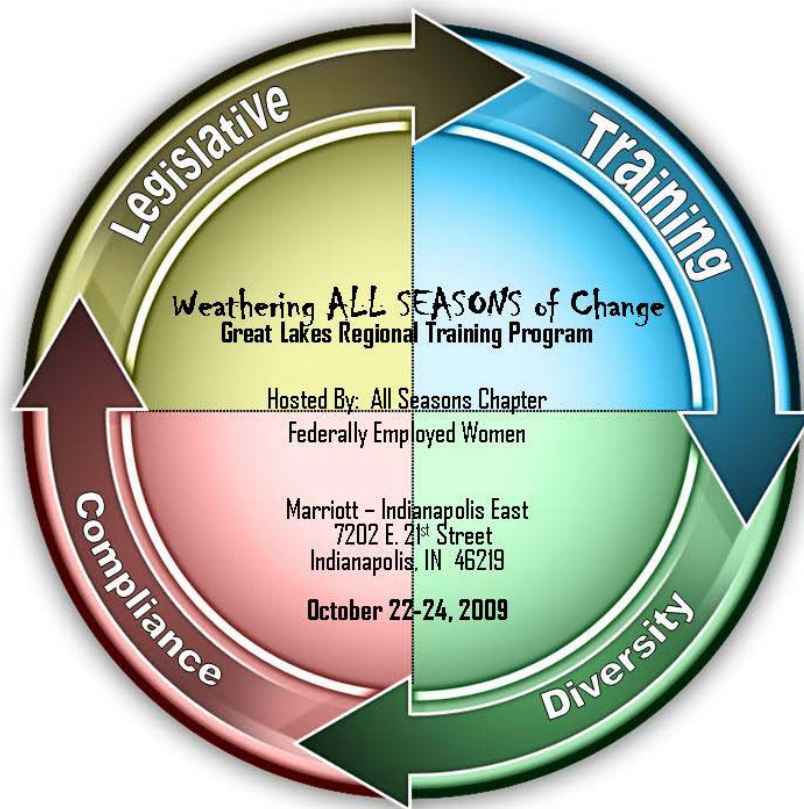


GREAT LAKES REGIONAL TRAINING PROGRAM

October 22-24, 2009

Indianapolis, IN

“Weathering ALL SEASONS of Change”



Federally Employed Women, founded in 1968, works to end sex discriminations within the Federal government and towards the advancement of women in federal service by enhancing career opportunities, encouraging diversity and equity in the workplace, and providing opportunities for professional growth. FEW pushes for legislation effecting positive change for federal employees and has an active legislative agenda. For more information about FEW visit our national website at www.few.org.

